

## Macaroni & "Cheese" Casserole (Vegan)

Serves 5

30 minutes: 10 minutes to cook macaroni and make sauce, 20 minutes oven and grill time.

### Ingredients:

- 3½ cups dried macaroni
- ½ cup vegan margarine
- ½ cup plain white flour
- 3½ cups boiling water
- ½-1 tsp salt, added gradually to taste
- 2 tbsp soya sauce
- 1½ tsp garlic powder or 1-2 cloves fresh garlic, crushed
- Pinch turmeric
- 1 cup nutritional yeast flakes (Marigold/Engevita brand available in large supermarkets and health stores)
- Paprika

Preheat oven to 180°C/350°F

Cook macaroni in boiling, lightly salted water according to packet instructions.

When cooked, drain in a colander and return to pan to keep warm.

While pasta is cooking, melt margarine over low heat.

Beat in flour with a wire whisk and continue to beat over a medium heat until the mixture (called a roux), is smooth and bubbly.

Whip in the boiling water, salt, soya sauce, garlic and turmeric, beating well to dissolve the roux.

The sauce should continue to cook until it thickens and bubbles.

Whip in yeast flakes.

Mix part of the sauce with cooked macaroni and put in a casserole dish.

Pour rest of sauce on top.

Sprinkle with paprika and bake for 15 minutes.

Put under grill for a few minutes, until sauce gets stretchy and crisp.